



Healthy Checkout Standards

As you begin placing items in your healthy checkout and throughout your store, please keep these standards in mind.

Foods and Beverages

Foods and beverages meet the Change the Future WV Healthy Checkout Standards if they meet the following nutrition standards per package or item:

- No more than 200 calories
- No more than 35% calories of total calories from fat, excluding nuts, seeds and cheese
- Less than 10% total calories from saturated fat
- No more than 0.5 grams of trans fat
- No more than 35% of calories from sugar, excluding yogurt and fruit
- No more than 200 milligrams of sodium
- Contain no artificial sweeteners

The following food items are examples that satisfy the Healthy Checkout Standards:

- Fresh fruits or vegetables, whole or sliced
- 100 Calorie Packs
- Kashi Granola Bars
- GoGo Squeeze Fruits or other squeezable fruit brands

- Bottled water
- 100% Juice

Toys

In addition, we ask that if you choose to place toys in the healthy checkout, they only be toys that promote physical activity. These toys include, but are not limited to:

- Jump ropes
- Frisbees
- Hackysacks
- Kites
- Toddler golf clubs
- Hula hoops
- Whiffle balls and bats

Toys that do not fit the Healthy Checkout Standards include, but are not limited to:

- Play-Doh
- Silly bands
- Tattoos
- Electronic games

I agree to abide by the Change the Future WV Healthy Checkout Standards and understand that failure to abide by these standards can result in the ending of the agreement with Change the Future WV and my store and the repossession of any materials provided by Change the Future WV.

Store Owner

Date

Coordinator

Date